

## Remembering Your True Divine Nature....

and building from there.

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Observe your life - what have you manifested in it? Are you happy with the results? Observe the people around you. Are there some things they must believe in order to manifest what is in their lives? They are your teachers - we need to give thanks for all the lessons in our lives! So, what do you see?

From what you observe, what would you like to keep? What would you like to release?

Examples:

- Stereotyping: Is it okay to classify all people in a group as the same? Do you want to see the world that way? Are all women the same - or all men? All \_\_\_\_\_ ?
- Poverty: Is it true about money: it's hard to come by... all rich people use attain/use their money for negative purposes?... I'll never be rich?
- Not going for it: People have to work all their lives in a decent job (if they're lucky) and only a select few get to live out their dreams or enjoy a job they love.
- Settling: It's greedy or selfish to want the best - you might end up with nothing, so don't be so picky.

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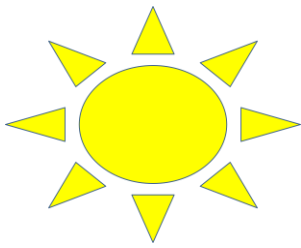
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What fears, prejudices, blind spots can you see? Do you really want to hold on to those?

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Are there some great traits observed? List them. Do you want to keep/affirm them?

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Do they say negatives things about you? Do you believe them? Have the disparaging remarks become part of who you think you are? You can let go of what you don't want!

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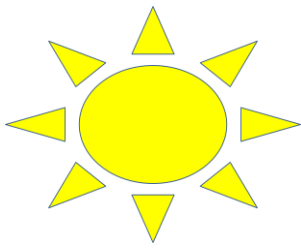
How we were treated as children often develops the blueprint for how we think we should be treated later on in life. Do you notice any similarities between how you were treated as a child/teen and how you are treated today by your friends and colleagues? Is that okay or would you like things to be different?

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We may age but we are still the same, fresh Divine energy that was there at birth. Another way to see this is from that age-old analogy: just because there are clouds in the sky doesn't mean the sun isn't shining! Your Divine self is always shining - it's the filters, false beliefs and limitations that block your perception of who you truly are.

What do you long to be or do?

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What qualities would you like to develop?

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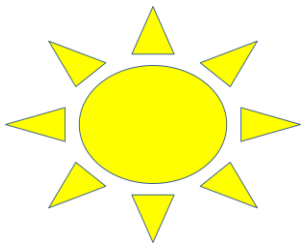
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I AM ? Make a list of all the wonderful qualities you hold. Then, make a list of the qualities you would like to develop, recycled from traits that you currently hold that aren't working so well. You can shift them.

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If you slide back into the old traits, just begin again and re-affirm how you do want to behave. If you keep slamming yourself for sliding, then you will affirm that it's okay to slam you - and you might notice that you will invite others to join in as well! (no thanks, right?!! Right! Affirm compassion and renewal!)

Do you see the influence that has affected your life? Do you see that you can change it because you "see it" now? When you open your mind to possibilities - opening to who you truly are and what you can achieve in your life - that's when you things start changing for the better because your inner state feels that way!